What is claimed is:

1. A bracket for supporting a disk drive assembly comprising:

a laminated body of sheet material having two outer layers formed of metal and an inner layer formed of a viscoelastic material and joining the outer layers,

the body being formed into a generally channel-shaped configuration having a base wall and two side walls extending from opposed sides of the base wall and two flanges respectively extending from the side walls,

at least one of the base wall and the side walls having openings therethrough.

2. The bracket of claim 1, wherein each of the walls is a flat, substantially rectangular wall.

3. The bracket of claim 1, wherein the openings are formed in each of the base wall and the side walls.

4. The bracket of claim 1, wherein each of the flanges has a plurality of openings therethrough.

5. The bracket of claim 1, and further comprising end walls integral with the base wall and extending therefrom.

6. The bracket of claim 5, wherein the side walls extend from the base wall in a first direction and the end walls extend from the base wall in a direction opposite to the first direction.

7 In combination:

a bracket including a laminated body of sheet material having two outer layers formed of metal and an inner layer formed of a viscoelastic material and joining the outer layers,

the body being formed into a generally channel-shaped configuration having a base wall and two side walls extending from opposed sides of the base wall and two flanges respectively extending from the side walls,

at least one of the base wall and the side walls having openings therethrough;

a disk drive assembly; and

a plurality of fasteners respectively received through the openings and engageable with the disk drive assembly for supporting the disk drive assembly on the bracket so that the bracket will damp vibrations emanating from the disk drive assembly.

8. The combination of claim 7 wherein the disk drive assembly is spaced from the base wall.

9 The combination of claim 8 , wherein the openings are formed in each of the side walls.

10 The combination of claim 7,wherein the disk drive assembly is in contact with the base wall.

11 The combination of claim 10, wherein the base wall has opposed surfaces with the side walls extending from one of the surfaces, the disk drive assembly having a printed circuit board on one side thereof disposed in contact with the one surface of the base wall.

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12. The combination of claim 10, wherein the base wall has opposed surfaces with the side walls extending from one of the surfaces, the disk drive assembly having a printed circuit board on one side thereof disposed in contact with the other surface of the base wall.

13. The combination of claim 10, wherein the openings are formed in the base wall.

14. The combination of claim 7, wherein each of the flanges has a plurality of openings therethrough for fastening the bracket to an associated substrate.

15. The combination of claim 7, and further comprising elastomeric grommets encircling each fastener respectively on opposite sides of the wall through which the fastener extends.

16. A method of damping vibrations in a disk drive assembly having a printed circuit board on one side thereof, the method comprising:

providing a mounting bracket having a laminated body of sheet material with a viscoelastic inner layer joining two metal outer layers, wherein the body is formed into a generally channel-shaped configuration having a base wall and two side walls, and wherein at least one of the base wall and the side walls has openings therethrough, and

supporting the disk drive assembly on the bracket with the printed circuit board facing the base wall of the bracket by extending fasteners through the openings and engaging them with the disk drive assembly.

17. The method of claim 16, wherein the disk drive assembly is spaced from the base wall.

18. The method of claim 17, wherein the fasteners extend through openings in the side walls.

19. The method of claim 16, wherein the printed circuit board is disposed in contact with the base wall.

20. The method of claim 19, wherein the base wall has opposed surfaces and the side walls extend from one of the surfaces, the printed circuit board being disposed in contact with the one surface.

21. The method of claim 19, wherein the base wall has opposed surfaces and the side walls extend from one of the surfaces, the printed circuit board being disposed in contact with the other one of the base wall surfaces.

22. The method of claim 16, and further comprising cushioning each fastener with elastomeric grommets respectively disposed on opposite sides of the wall through which the fastener passes.